

# CALM DOWN KIT FOR KIDS

**WHY?** A “calm down kit” or “sensory box” is a fun and powerful tool to use with any child. Making your own kit is a great way to get your kids thinking about tools for controlling big emotions. Bring it out and encourage its use when your kids are experiencing tough times or need to work on sitting still. Keep an eye on what items are used the most or least and make adjustments.

**HOW?** The kit will contain coping tools and sensory items to help lower levels of arousal and agitation. Self-regulation is a child’s ability to adjust and control their energy level, emotions, behaviours and attention. Sensory tools can support children to calm down by helping them to engage in calming and relaxing activities that are visual and hands on in nature.

**WHAT?** Below are some ideas of what to include in your calm down kit. Some of these items can be purchased at the dollar store and specialty ones can be found at Walmart, Chapters or toy stores.

## Breathing activities to relax & to support deep breathing

- Pinwheels
- Bubbles
- Straws
- Balloons



## Something to squeeze to release tension

- Play Doh
- Silly Putty
- Stress Ball
- Squishies / Gel balls



## Something to visually calm

- Liquid Motion Timer
- Sphere ball
- Sparkel Wands



## Quiet and engaging things to do

- Rubik's Cube
- Water toy
- Comics / activity & coloring books



## Emotion & coping tools

- Emotion charts
- Feelings wheel
- Self-regulation strategies
- Photos

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